

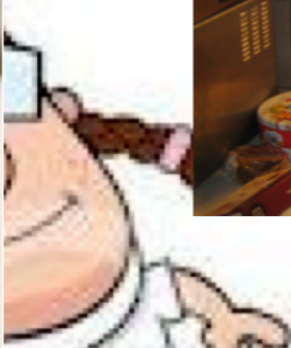
BE BRAVE

September 16th Agile Prague 2013

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Agile Coach

From nerd to g



What does Courage and Brave mean?

Noun

- ▶ 1. the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fe **X** bravery.
- ▶ 2. Obsolete . the heart as the source of emotion.

Idioms

- ▶ 3. have the courage of one's convictions, to act in accordance with one's beliefs, especially in spite of criticism.

Source: dictionary.com

Brave

- possessing or exhibiting courage or courageous endurance.

What is my definition?

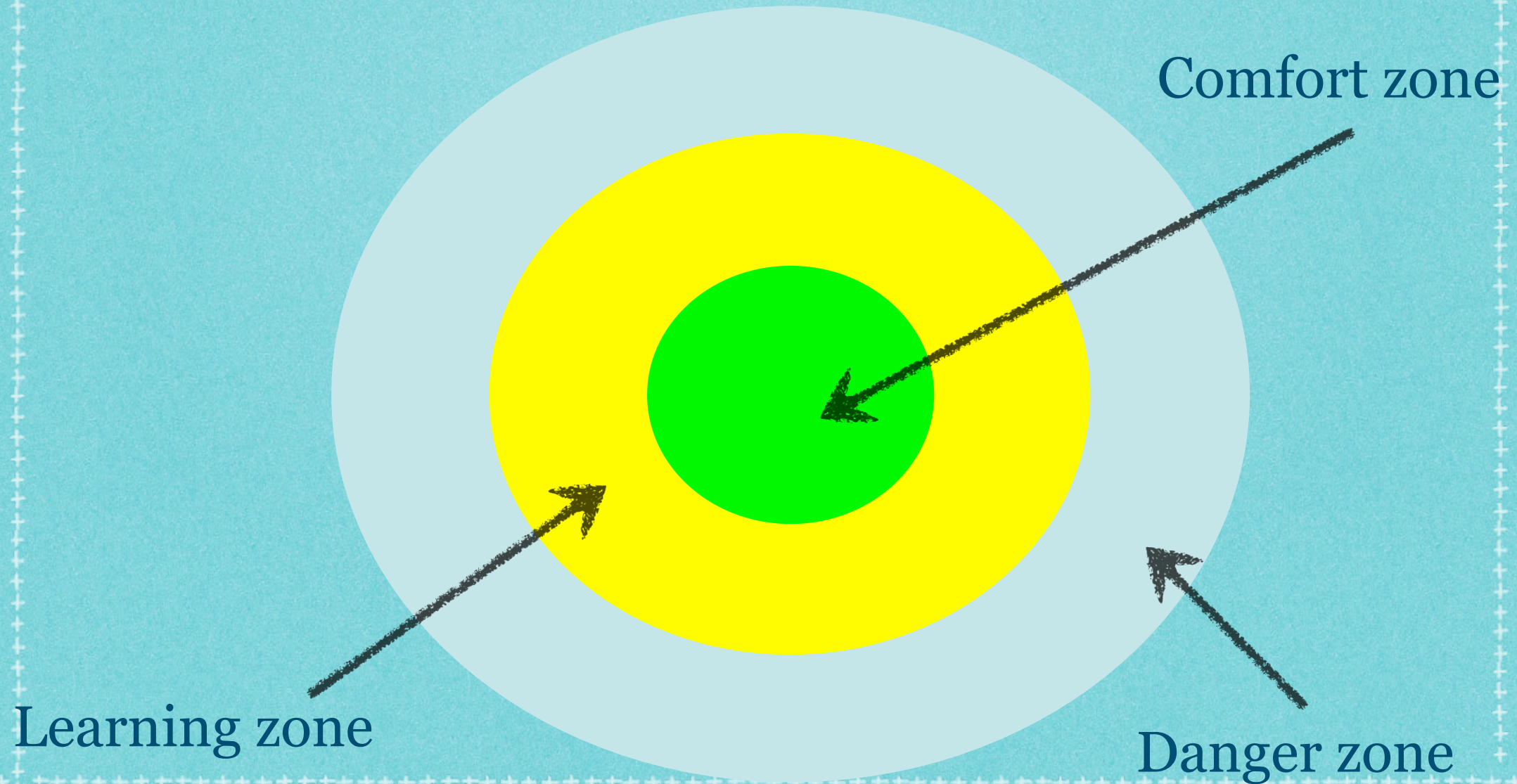
- ▶ Being brave is not about removing fear or not being afraid – it is about doing what is necessary even when you are afraid.
- ▶ Show your heart
 - ▶ Be vulnerable
 - ▶ Stand up for what you believe in



What does it mean to me personally?

- ▶ Standing by who you are even when your surroundings find you strange
- ▶ Having the courage to be different,
- ▶ Making yourself vulnerable
- ▶ Speaking up when there is something important to you
- ▶ Sharing your fears and joys

To dare is to lose one's footing momentarily.
Not to dare is to lose oneself.
Soren Kierkegaard



Why is this important to me?



To be the best coach I can be, I have to be me



Examples

- ▶ Showing my lack of knowledge



Spreading glitter and free hugs



Behold: I am a Jedi :)

**AUTOMATIC DOORS
MAKE ME FEEL LIKE A**

JEDI

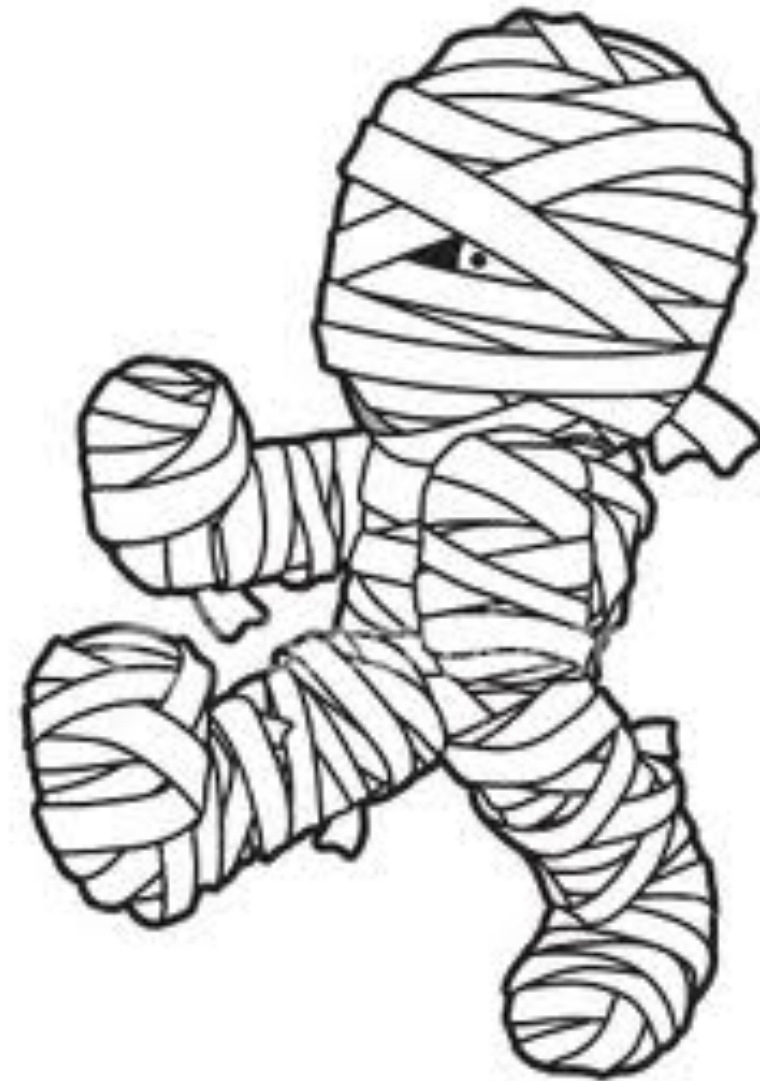


Why is being brave important in agile?

- ▶ Change is a part of every day
- ▶ We aim to fail fast
- ▶ Asking for help
- ▶ Offering help
- ▶ Talk to managers
- ▶ Conflict
- ▶ Resistance

Wrapup

- ▶ Be yourself - You are unique
 - ▶ find this unique combination that is you
- ▶ Have fun
- ▶ Ask for help
- ▶ Be vulnerable
- ▶ Spread joy – it is free



Take away

Be yourself

I love connecting :)

Feel free to contact me:

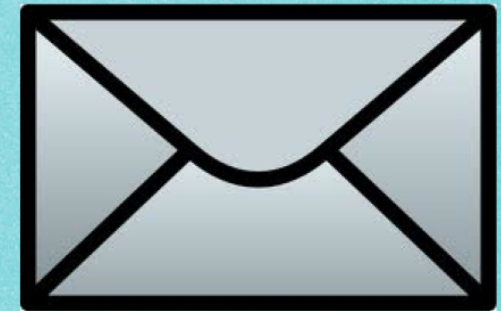
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